

## **Beans**

**Beans are both a super food, and at times, a painful food. Beans provide some forms of protein, and many vitamins, and minerals. They are a vital food for many people. In some cases, cooking the beans longer will reduce the pain and air formed from their being devoured by live bacteria in the stomach. In other cases, eating some yogurt the day before, will improve the beneficial stomach bacteria.**

**Beans are one of the easiest vegetables to grow. There are dozens of types of green beans. Some grow into a bush. Others have long vines that need to tangle along objects. Corn stalks are used for this in some regions. Beautiful purple striped dragon beans add color to the garden and can be cooked and eaten like regular green beans. Or allow them to grow and dry before picking.**

**Black beans are very low maintenance bean. Plant them, water them, and let them grow until they dry out. Then pick them and shell them. Boiled and frozen, they are just as good months later.**